Please mark your answers. Follow the directions included with the questions. If no directions are presented, check the box next to your answer or fill in the blanks. Because not all questions will apply to everyone, you may be asked to skip certain questions.

BEFORE PREGNANCY

First, we would like to ask a few questions about *you* and the time <u>before</u> you got pregnant with your new baby.

1. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, circle Y (Yes) if you did it or circle N (No) if you did not.

		No	Yes
a.	I was dieting (changing my eating		
	habits) to lose weight	. N	Y
b.	I was exercising 3 or more days		
	of the week	. N	Y
c.	I was regularly taking prescription		
	medicines other than birth control	. N	Y
d.	I visited a health care worker to		
	be checked or treated for diabetes	. N	Y
e.	I visited a health care worker to		
	be checked or treated for high		
	blood pressure	. N	Y
f.	I visited a health care worker to		
	be checked or treated for depression		
	or anxiety	. N	Y
g.	I talked to a health care worker		
_	about my family medical history	. N	Y
h.	I had my teeth cleaned by a dentist		
	or dental hygienist	. N	Y

2.	with	your new baby, were you covered by of these health insurance plans?		
		Check <u>all</u> that apply		
 ☐ Health insurance from your job or the job of your husband, partner, or parents ☐ Health insurance that you or someone paid for (not from a job) ☐ Medicaid ☐ TRICARE or other military health car ☐ CHIP ☐ Other source(s) → Please tell 				
		I did not have any health insurance before I got pregnant		
3.	3. During the <i>month before</i> you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?			
		I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin at all 1 to 3 times a week 4 to 6 times a week Every day of the week Go to Page 2, Question 5		
4.	mul acid	at were your reasons for not taking tivitamins, prenatal vitamins, or folic vitamins during the <i>month before</i> you pregnant with your new baby?		
		Check <u>all</u> that apply		
		I wasn't planning to get pregnant I didn't think I needed to take vitamins The vitamins were too expensive The vitamins gave me side effects (such as constipation) Other Please tell us:		

5. Just before you got pregnant with your new baby, how much did you weigh? Pounds OR Kilos	10. During the 3 months before you got pregnant with your new baby, did you have any of the following health problems? For each one, circle Y (Yes) if you had the problem or circle N (No) if you did not.
6. How tall are you without shoes? Feet Inches OR Meters 7. What is your date of birth?	a. Asthma
$\frac{19}{\text{Month}} / \frac{19}{\text{Day}} / \frac{19}{\text{Year}}$	11. Before you got pregnant with your new baby, did you ever have any other babies who were born alive?
8. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about how to prepare for a healthy pregnancy and baby? No Yes	No Yes Go to Question 14 12. Did the baby born just before your new one weigh more than 5 pounds, 8 ounces (2.5 kilos) at birth? No
9. Before you got pregnant with your new baby, were you ever told by a doctor, nurse, or other health care worker that you had Type 1 or Type 2 diabetes? This is not the same as gestational diabetes or diabetes that starts during pregnancy.	13. Was the baby <i>just before</i> your new one born <i>more</i> than 3 weeks before his or her due date?
□ No □ Yes	□ No □ Yes

4 to 6 cycles ☐ 7 or more cycles

The next questions are about the time when | 17. What were your reasons or your husband's

you got pregnant with your new baby.	or partner's reasons for not doing anything to keep from getting pregnant?
14. Thinking back to <i>just before</i> you got pregnant with your <i>new</i> baby, how did you feel about becoming pregnant?	Check <u>all</u> that apply I didn't mind if I got pregnant
Check one answer ☐ I wanted to be pregnant sooner ☐ I wanted to be pregnant later ☐ I wanted to be pregnant then ☐ I didn't want to be pregnant then ☐ or at any time in the future 15. When you got pregnant with your new baby, were you trying to get pregnant? ☐ No ☐ Yes	☐ I thought I could not get pregnant at that time ☐ I had side effects from the birth control method I was using ☐ I had problems getting birth control when I needed it ☐ I thought my husband or partner or I was sterile (could not get pregnant at all) ☐ My husband or partner didn't want to use anything ☐ Other — ▶ Please tell us:
16. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)	If you were not trying to get pregnant when you got pregnant with your new baby, go to Page 4, Question 20. 18. Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)
No Yes → Go to Page 4, Question 20 Go to Question 17	□ No → Go to Page 4, Question 20 Ves
	19. How many cycles of fertility treatments (complete or incomplete) did you have before you got pregnant with your <i>new</i> baby?
	1 cycle 2 to 3 cycles

4

DURING PREGNANCY

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

20 How many weeks or months prognant were

20.	you when you were sure you were pregnant? (For example, you had a pregnancy test or a doctor or nurse said you were pregnant.)		
	Weeks OR I don't remember	Months	
21.	How many weeks or mon you when you had your fi prenatal care? Do not con only for a pregnancy test o Special Supplemental Nutr Women, Infants, and Child	irst visit for unt a visit that was r only for WIC (the ition Program for	
[{ Weeks OR	Months	

Go to Question 23

I didn't go for prenatal care –

Go to Question 22

22.	Did you get prenatal care as early in your
	pregnancy as you wanted?

No		
Yes —		Go to Question 24

23. Did any of these things keep you from getting prenatal care at all or as early as you wanted? For each item, circle T (True) if it was a reason that you didn't get prenatal care when you wanted or circle F (False) if it was not a reason for you or if something does not apply to you.

	True	False
a.	I couldn't get an appointment	
	when I wanted one T	F
b.	I didn't have enough money or	
	insurance to pay for my visits T	F
c.	I had no transportation to get to	
	the clinic or doctor's office T	F
d.	The doctor or my health plan	
	would not start care as early	
	as I wanted	F
e.	I had too many other things	
٠.	going on	F
f	I couldn't take time off from work	-
1.	or schoolT	F
g.	I didn't have my Medicaid card T	F
جر h	I had no one to take care of my	1
11.	childrenT	F
i.		F
	I didn't know that I was pregnant T	Г
J.	I didn't want anyone else to know	_
	I was pregnant	F
k.	I didn't want prenatal care T	F

If you did not go for prenatal care, go to Page 6, Question 29.

24.	Did any of these health insurance plans help
	you pay for your prenatal care?

Check all that apply

Health insurance from your job or the job of your husband, partner,
or parents
Health insurance that you or someone else
paid for (not from a job)
Medicaid
TRICARE or other military health care
CHIP
Other source(s) \longrightarrow Please tell us:
I did not have health insurance to help pay

for my prenatal care

25.	During any of your prenatal care visits, did
	a doctor, nurse, or other health care worker
	talk with you about any of the things listed
	below? Please count only discussions, not
	reading materials or videos. For each item,
	circle Y (Yes) if someone talked with you
	about it or circle N (No) if no one talked with
	you about it.

	you about it.	
	No	Yes
a.	How smoking during pregnancy	
	could affect my babyN	Y
b.	Breastfeeding my baby N	Y
c.	How drinking alcohol during	
	pregnancy could affect my babyN	Y
d.	Using a seat belt during my	
	pregnancy N	Y
e.	Medicines that are safe to take during	
	my pregnancy N	Y
f.	How using illegal drugs could affect	
	my babyN	Y
g.	Doing tests to screen for birth defects	
	or diseases that run in my family \dots N	Y
h.	The signs and symptoms of preterm	
	labor (labor more than 3 weeks before	
	the baby is due)	Y
i.	What to do if my labor starts early N	Y
j.	Getting tested for HIV (the virus	
	that causes AIDS) N	Y
k.	What to do if I feel depressed during	
	my pregnancy or after my baby	
	is born	Y
1.	Physical abuse to women by their	
	husbands or partners N	Y
26.	During any of your prenatal care visits,	did
	a doctor, nurse, or other health care we	orker
	talk with you about how much weight	you
	should gain during your pregnancy?	
	☐ No → Go to Page 6, Question	n 28
. [.	-□ Yes	

Go to Page 6, Question 27

6 27. How much weight did your doctor, nurse, 30. During your most recent pregnancy, were or other health care worker tell you to gain you on WIC (the Special Supplemental during your most recent pregnancy? Please **Nutrition Program for Women, Infants,** check one answer and fill in the blank(s) next and Children)? to the checked box. ☐ No ☐ Yes ☐ Between Pounds and Pounds 31. During your most recent pregnancy, were you told by a doctor, nurse, or other health ☐ Between Kilos and Kilos care worker that you had gestational diabetes (diabetes that started during this ☐ Exactly Pounds **OR** Kilos pregnancy)? ☐ I don't remember ☐ No ☐ Yes 28. During your most recent pregnancy, did a doctor, nurse, or other health worker talk 32. Did you have any of the following problems with you about any of the things listed during your most recent pregnancy? For **below?** *Please count only discussions*, not each item, circle Y (Yes) if you had the reading materials or videos. For each one, problem or circle N (No) if you did not. circle Y (Yes) if someone talked to you about it or circle N (No) if no one talked with you No Yes about it. Vaginal bleeding N Y Kidney or bladder (urinary tract) No Yes Y c. Severe nausea, vomiting, or Foods that are good to eat Y dehydration N b. Exercise during pregnancy N Y d. Cervix had to be sewn shut c. Programs or resources to help me (cerclage for incompetent cervix)...N Y gain the right amount of weight High blood pressure, hypertension Y (including pregnancy-induced d. Programs or resources to help me hypertension [PIH]), preeclampsia, lose weight after pregnancy N Y Y Problems with the placenta (such as abruptio placentae or 29. At any time during your most recent Y pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)? g. Labor pains more than 3 weeks before my baby was due (preterm No or early labor) N Y Yes Water broke more than 3 weeks I don't know before my baby was due (premature rupture of membranes [PROM])....N Y

į.

I had to have a blood transfusion N

I was hurt in a car accident N

Y

<i>33</i> .	did a doctor, nurse, or other health care	37. How many cigarettes do you smoke on an average day now? (A pack has 20 cigarettes.)
	worker try to keep your new baby from being born too early by giving you a series of weekly shots of a medicine called Progesterone, Gestiva® or 17P (17 alpha-hydroxyprogesterone)? No Yes I don't know	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I don't smoke now
	e next questions are about smoking arettes around the time of pregnancy	38. Which of the following statements best describes the rules about smoking <i>inside</i> your home <i>now</i> ?
(be	fore, during, and after).	Check <u>one</u> answer
34.	Have you smoked any cigarettes in the past 2 years? ☐ No ———— Go to Question 38 ☐ Yes	 □ No one is allowed to smoke anywhere inside my home □ Smoking is allowed in some rooms or at some times □ Smoking is permitted anywhere inside my home
35.	In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)	The next questions are about drinking alcohol around the time of pregnancy (before, during, and after).
	 □ 41 cigarettes or more □ 21 to 40 cigarettes □ 11 to 20 cigarettes □ 6 to 10 cigarettes □ 1 to 5 cigarettes □ Less than 1 cigarette □ I didn't smoke then 	39. Have you had any alcoholic drinks in the past 2 years? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink. Go to Page 8, Question 42 Yes
36.	In the <u>last 3</u> months of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)	Go to Page 8, Question 40a
	☐ 41 cigarettes or more ☐ 21 to 40 cigarettes ☐ 11 to 20 cigarettes ☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I didn't smoke then	

	_								
40a.	pre	During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?							
	ā	14 drinks or more a week 7 to 13 drinks a week 4 to 6 drinks a week 1 to 3 drinks a week Less than 1 drink a week I didn't drink then Go to Question 41a							
40b.	pres		imes did you drink nore in one sitting?						
		2 to 3 times 1 time	aks or more						
41a.	41a. During the <u>last 3</u> months of your pregnancy, how many alcoholic drinks did you have in an average week?								
		14 drinks or more a 7 to 13 drinks a wee 4 to 6 drinks a wee 1 to 3 drinks a wee Less than 1 drink a I didn't drink then	ek k k						
41b.	41b. During the <u>last 3</u> months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.								
		6 or more times 4 to 5 times 2 to 3 times 1 time I didn't have 4 drin in 1 sitting	iks or more						

Pregnancy can be a difficult time for some women. The next questions are about things that may have happened <u>before</u> and <u>during</u> your most recent pregnancy.

42. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (It may help to look at the calendar when you answer these questions.)

	N	0	Yes
a.	A close family member was very sick		
	and had to go into the hospital N	1	Y
b.	I got separated or divorced from my		
	husband or partner	1	Y
c.	I moved to a new address N		Y
d.	I was homeless	1	Y
e.	My husband or partner lost his job N	1	Y
f.	I lost my job even though I wanted		
	to go on working	1	Y
g.	I argued with my husband or partner		
	more than usual	1	Y
h.	My husband or partner said he		
	didn't want me to be pregnant	1	Y
i.	I had a lot of bills I couldn't pay N	1	Y
j.	I was in a physical fight	1	Y
k.	My husband or partner or I		
	went to jail	1	Y
1.	Someone very close to me had a		
	problem with drinking or drugs N	1	Y
m.	Someone very close to me died N	1	Y
43.	During the 12 months before you got		
	pregnant with your new baby, did you		
	husband or partner push, hit, slap, ki		
	choke, or physically hurt you in any o	th	er
	way?		
	□ No		
	☐ Yes		

44. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	49. Why did your doctor care worker try to in your contractions us
☐ No ☐ Yes The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)	 □ My water broke a of infection □ I was past my due □ My health care pr size of the baby □ My baby was not to be born
45. When was your baby due? / / _20 Year	☐ I had a health prodeliver the baby☐ I wanted to sched☐ I wanted to give bealth care provid☐ Other ☐
 46. When did you go into the hospital to have your baby? Month Day Year I didn't have my baby in a hospital 	50. How was your new b Vaginally Cesarean delivery
47. When was your baby born? \[\frac{1}{\text{Month}} \frac{20}{\text{Day}} \] 48. Did your doctor, nurse, or other health care	(c-section) Go to Page 10, Question
worker try to induce your labor (start your contractions using medicine)? No	

r, nurse, or other health duce your labor (start ing medicine)? Check all that apply and there was a fear e date rovider worried about the doing well and needed blem and needed to lule my delivery pirth with a specific ler ➤ Please tell us: aby delivered? Go to Page 10, **Question 53**

10										
51.	51. What was the reason that your <i>new</i> baby was born by cesarean delivery (c-section)?			53. When were you discharged from the hospital after your baby was born?						
52.	☐ I had a previous cesar (c-section) ☐ My baby was in the w ☐ I was past my due dat ☐ My health care provided baby was too big ☐ I had a medical conditional dangerous for me ☐ My health care provided my labor, but it didn't was taking too ☐ The fetal monitor show was having problems ☐ I wanted to schedule it I didn't want to have the section of the	Check all that apply I had a previous cesarean delivery (c-section) My baby was in the wrong position I was past my due date My health care provider worried that my baby was too big I had a medical condition that made labor dangerous for me My health care provider tried to induce my labor, but it didn't work Labor was taking too long The fetal monitor showed that my baby was having problems during labor I wanted to schedule my delivery I didn't want to have my baby vaginally			Year paby in a hospital th insurance plans delivery of your new Check all that apply from your job husband, partner, or that you or someone else a job) er military health care Please tell us					
<i>52</i> .	was it for you to have a c (c-section)?			I did not have heat pay for my deliver	lth insurance to help ry					
	☐ My health care provid			AFTER PRE	EGNANCY					
	 ✓ My health care provided cesarean delivery beform ✓ My health care provided cesarean delivery white ✓ I asked for the cesarean I went into labor ✓ I asked for the cesarean I was in labor 	ore I went into labor der recommended a le I was in labor an delivery before	your no	ew baby was bor	born, was he or she					

56. After your baby was born, how long did he or she stay in the hospital?	61. How many weeks or months did you breastfeed or pump milk to feed your baby?					
Less than 24 hours (less than 1 day) 24 to 48 hours (1 to 2 days) 3 to 5 days 6 to 14 days More than 14 days My baby was not born in a hospital	Weeks OR Months ☐ Less than 1 week 62. What were your reasons for stopping					
My baby is	breastfeeding?					
still in the	Check <u>all</u> that apply					
hospital — Go to Question 59 57. Is your baby alive now? No — Go to Page 12, Question 66 Yes 58. Is your baby living with you now? Or to Page 12, Question 66 Yes 59. Did you ever breastfeed or pump breast milk to feed your new baby after delivery, even for a short period of time? No — Go to Page 12, Question 63b Yes 60. Are you currently breastfeeding or feeding pumped milk to your new baby?	 □ My baby had difficulty latching or nursing □ Breast milk alone did not satisfy my baby □ I thought my baby was not gaining enough weight □ My nipples were sore, cracked, or bleeding □ It was too hard, painful, or too time consuming □ I thought I was not producing enough milk □ I had too many other household duties □ I felt it was the right time to stop breastfeeding □ I got sick and was not able to breastfeed □ I went back to work or school □ My baby was jaundiced (yellowing of the skin or whites of the eyes) □ Other → Please tell us: 					
No C + O C + O						
Go to Question 63a Go to Question 61	63a. How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, or cow's milk)?					
	 Weeks OR Months My baby was less than 1 week old My baby has not had any liquids other than breast milk 					

12							
63b	63b. How old was your new baby the first time he or she ate food (such as baby cereal, baby food, or any other food)?			*	ns or your husband's For not doing anything pregnant <i>now</i> ?		
					Check all that apply		
	Weeks OR Months My baby was less than 1 week old My baby has not eaten any foods your baby is still in the hospital, go to lestion 66.			use anything	ant birth control tner doesn't want to get pregnant (sterile)		
64.	In which <i>one</i> position do you <u>most often</u> lay your baby down to sleep now? Check <u>one</u> answer			I am pregnant now Other	→ Please tell us:		
	☐ On his or her side ☐ On his or her back ☐ On his or her stomach	an	ythi	•	r partner is <u>not doing</u> tting pregnant <i>now</i> ,		
65.	Was your new baby seen by a doctor, nurse or other health care worker for a <i>one week check-up</i> after he or she was born?	00.	hus		ntrol are you or your sing <i>now</i> to keep fron		
	□ No □ Yes				Check <u>all</u> that apply		
	Are you or your husband or partner doing anything now to keep from getting pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth contromethods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.) No Yes Go to Question 68			Vasectomy (male s Pill Condoms Injection once ever (Depo-Provera®) Contraceptive impl Contraceptive patch Diaphragm, cervica Vaginal ring (Nuva IUD (including Mir Rhythm method or planning Withdrawal (pullin Not having sex (ab Emergency contract (The "morning-after	y 3 months ant (Implanon®) h (OrthoEvra®) al cap, or sponge Ring®) rena®) natural family g out) stinence)		

69. Since your new baby was born, have you had a postpartum checkup for yourself? (A postpartum checkup is the regular checkup a woman has about 6 weeks after she gives birth.) No Yes	72. At any time during your most recent pregnancy, did a doctor, nurse, or other health care worker tell you that you had depression? No Yes
70. Below is a list of feelings and experiences that women sometimes have after childbirth. Read each item to determine how well it describes your feelings and experiences. Then, write on the line the number of the choice that best describes how often you have felt or experienced things this way since your new baby was born. Use the scale when answering:	If your baby is not alive or is not living with you, go to Question 74. 73. Since your new baby was born, did any doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.
1 2 3 4 5 Never Rarely Sometimes Often Always a. I felt down, depressed, or sad b. I felt hopeless c. I felt slowed down OTHER EXPERIENCES The next questions are on a variety of topics.	a. Help with or information about breastfeeding
71. Which of the following statements best describes you during the 3 months before you got pregnant with your new baby? Check one answer I was trying to get pregnant I was trying to keep from getting pregnant but was not trying very hard I was trying hard to keep from getting pregnant pregnant	g. Getting to and staying at a healthy weight after delivery

14

75.	Since your new baby was born, did nurse, or other health care worke that you had diabetes?	other health care worker tell you						The last questions are about the time during the <u>12 months before</u> your new baby was born.						
	☐ No ☐ Yes				0. During the 12 months before your new baby was born, what was your yearly total									
76.	Since your new baby was born, has nurse, or other health care worke that you had depression? One of the Quantum Yes	r <i>told</i> y	vou		hou you inco rece and	r income, and eived.	d incomme, you nd any of (All inf	ne be ir hus other forma	fore tax sband's of income ation wi	es? Inclor partne you may ll be kep	ude r's y have t private			
∀ 77.	Since your new baby was born, had taken prescription medicine for you depression?					\$10,0 \$15,0	than \$10 00 to \$2 00 to \$2 00 to \$2	14,99 19,99	99 99					
	□ No □ Yes					\$25,0 \$35,0	,000 to \$24, ,000 to \$34, ,000 to \$49, ,000 to \$74,		99 99					
78.	Since your new baby was born, have gotten counseling for your depress					\$75,0	00 or m	nore						
	□ No □ Yes				was	born	, how n	nany		your ne includincome?				
79.	Did your mother or any sister who to you by blood have any of the for problems <i>during</i> any pregnancy?	llowin	g			Pe	ople							
	item, circle Y (Yes) if someone had the problem during pregnancy, circle N (No) if			82.	Wh	at is t	oday's	date	?					
	no one in your family had the proble pregnancy, or circle DK (Don't Knodon't know.	em dur	ring			nth /	Day	/ :	20 Year					
	No	Yes	DK											
a.	A baby that was born more than 3 weeks before the due date N	Y	DK											
b.	Gestational diabetes (diabetes that started													
c.	during pregnancy) N High blood pressure during	Y	DK											
	pregnancy N	Y	DK											

Please use this space for any additional comments you would like to make about the health of mothers and babies in Utah.

Thanks for answering our questions!

Your answers will help us work to make Utah mothers and babies healthier.